

The Harvest Beet

SPRING 2018

est. 1979

NATURAL HARVEST

FOOD CO-OP

*Locally owned,
organically grown.*

WHAT'S NEW?

Chocolate in the Cooler?

Chocolate bars are the latest treat getting a makeover, and the results couldn't be more delicious!! Shoppers are turning to the refrigerated section of the store for healthier chocolate bars made with fresh ingredients, like raw chocolate, raw honey, unrefined coconut oil, raw nuts, and raw cacao butter. We recently brought in two brands of chocolate that offer organic, minimally-processed, fresh ingredient bars that everyone can feel good about indulging in!

NELLY'S ORGANICS uses ingredients sourced from whole foods with good fats, protein, and fiber to help give and sustain energy. Sweetened with raw agave and brown rice syrup, then coated with delicious organic dark chocolate, you can treat yourself to a 'candy bar' you can feel better about on every level. We carry four varieties (all organic, vegan, gluten/corn/soy free): coconuts, nutty nougat, double chocolate, and peanut butter & coconut.

HONEY MAMA'S bars are raw, honey-sweetened cocoa treats made from five nutrient-rich ingredients. Each bar has a base of raw honey and virgin coconut oil, with the addition of cocoa powder, Himalayan pink salt, and either sprouted almonds OR shredded coconut. That's it! All six delicious flavors are made with premium raw honey, chocolate, and direct trade, non-GMO and organic ingredients. Check out these mouth-watering possibilities: Mayan Spice, CocoNoNut, Dutch, Oregon Peppermint, Lavender Red Rose, Nibs & Coffee, and Peruvian Raw.

— Sandy Tardiff,
Grocery Buyer & NHFC Owner

Your quarterly source of information for healthy living!



Where Do You Shop for Groceries?

Anja Parenteau, General Manager & NHFC Owner

The grocery business is getting more and more competitive. We can now get our groceries from the local grocery chain, at big box stores, even gas stations. It can get delivered straight to our doors in perfect portions for dinner, the ultimate convenience! The bigger the business, the more you can drive prices down and your competitors out of town.

When our co-op was started, and up until about 10 years ago, we were the only place in town to get products like brown rice in bulk, organic pinto beans and organic produce. Now that eating organic, natural and whole foods is accepted as a healthier way to live by much of the population, all the "other" guys are selling "our" products too. I've seen organic eggs at the convenience store, and bone broth at the big box store that also sells tires and electronics.

We are still locally owned, now by over 3,300 people; a small business juggling all the demands and challenges that come with running a grocery store. Are food co-ops, as small as ours still relevant? Yes we are! But it will take all of us to keep our business healthy, strong and growing.

In the past year I have received phone calls from start-up co-ops in Grand Rapids, Detroit Lakes, Fargo and Chicago. They are all in different stages of trying to open their stores in their communities. They wanted to hear about our success story, our growth, our expansion! I hear great enthusiasm in these voices; they can't wait to reach their owner goals, get their locations and financing secured, and open their stores. They are certain that they can survive and thrive in this very competitive environment that we are in now, because they are counting on their owners to shop for most of their groceries at their stores. Co-op Principle #3: Owner Economic Participation.

So, I tell them about our story. I talk about the sales and owner growth we have experienced in the last 39 years. I also talk about how we are trying to go from the "health food" store to a "grocery store" in people's minds. I tell them about how we are doing one year after our expansion, and that we are not quite reaching the sales we had expected for the first year and that you need to have a cash cushion, just in case.

I was preparing a report recently that showed how many of our owners shopped here

last year. I found out that over 2,600 owners shopped here in 2017, which is an all-time high, however of these 2,600, only 5% (116 owners) account for 30% of all sales to owners. I imagine the rest are still using us as the "health food" store, and only shop here occasionally or for only a couple of products.

How can we help all of our owners feel like they can shop for more of their groceries at the Co-op? We need to try something new, something a little different.

Starting in April, the 5% discount day of your choice will get replaced with a variety of monthly coupons that will highlight different departments or products, and hopefully encourage more frequent shopping. These coupons will be in the back of our quarterly newsletter, and you can sign-up for e-coupons that will get texted to your phone to remind you of the offers available to you each month.

To make it easy for you, it is not necessary to clip the coupons, just let your cashier know you would like to use that month's coupon, or show them your coupon on your smartphone.

With Co-op Deals, Co-op Basics, Fresh Deals, Owner Deals and the new monthly coupons, I hope you feel empowered to shop at our co-op more often! We know you have many choices as far as where to get your groceries these days, and we hope you choose us!

We signed up over 400 new owners in 2017 and I would like to think that we can tap into the enthusiasm of our newest owners, as well as our most seasoned owners, just like the start-up co-ops can, and reach our sales goals easily this year! We all value this business because we made it our mission to provide quality food, products and services for the health and well-being of our families, our community and our planet.

Shop your Co-op as often as you can, and we'll continue to be a valuable asset to this community for years to come!

In cooperation,

— Anja

PS: Just in case you are wondering — our sales goal this year is \$3,650,000. I remember hitting the \$2 million mark, in the fall of 2013. The little Co-op that could!

ARE YOU AN OWNER WITH US?

You most certainly are!

Though many of you commonly refer to yourselves as “members” of our Co-op you are actually its Owners (the investment you made is equity in the business, not a membership fee). Co-ops have flip flopped these terms since the beginning, which has created confusion when communicating with our customers and our communities. After some consideration, we’ve decided it’s finally time to commit to one term. Starting March 1, our staff will begin referring to you as “owners”, because that is what you truly are and what makes the Co-op a community-owned business!

We hope using the term “owner” will allow you to feel a deeper connection with your Co-op, and give you a greater sense of pride in regards to our 39 years of growth and success. We also ask that you start saying “owner” when talking about our Co-op with others. As Owners, you are the Co-op’s biggest advocates and you play a very important role in our public perception. Though the term “member” can be recognized as a strength to those of us inside the Co-op, we must also recognize it as a weakness in the outside world. To this day, many people within our communities still think they can’t shop here because they are not “members” of the Co-op. Please help us in our campaign to make sure everyone knows they are welcome by dropping the term “member” from your Co-op vocabulary. Say it with me, “I am proud to be an Owner of Natural Harvest Food Co-op, where everyone is welcome!”

— Briana Sterle,
Marketing, Owner Services & NHFC Owner

Family Values & Tips for Shopping Co-op on a Family Budget

Jake Rosandich, NHFC Board President & NHFC Owner

Hello Natural Harvest Owners! We are the Rosandich Family – Owner #1993, and our Co-op is our main source for groceries. Our Co-op offers many organic products at comparable prices and even lower prices than big chain stores. Even so, it can be a noticeable increase in cost when making the overall change to eating organic food. Cost is a variable associated with a product’s value. When it comes to food, that value is nutrition and the benefits your body reaps from that nutrition. We see it as a pay it forward situation so I’m OK with spending more on organic products for our family because the benefits of being clean from pesticides and GMOs far out-weigh the additional price we may pay at the register. The benefit of eating healthy, clean, and local foods will equate to fewer medical costs tomorrow, next year, and 20 years from now.

In addition to the physical health benefits, we get to feel good about our purchases supporting other local families and businesses. By eating local we are helping more money stay within our community, making it stronger, so it can continue to grow and serve as a good place to raise our children. Below are some tips on how we’ve managed to feed a family of five, soon to be six, an organic co-op diet that fits into our family’s economy.

Shop Prepared — Make a Weekly (or Bi-weekly) Meal Plan, Budget & Shopping List.

- Coordinate your list with sale items as best you can.
- Plan your meals around what you already have on hand = less to purchase.
- Don’t buy what you don’t need; it’s easy to rack up a few extra dollars at the register with snacks and last-minute items.

Shop Co-op Deals, Owner Deals, Fresh Deals, use Co-op Coupons & Check Your Newsletter for Special Sales Events.

- Stock up on what you enjoy and items you use often when they are on sale.
- Experiment with new products while they are discounted.



Shop the Bulk Section.

- Bulk items are significantly cheaper than buying similar pre-packaged options.
- Oats, nuts, spices, baking supplies, dried fruits, rice, beans, and coffee are all things offered in bulk at our Co-op.
- Bring measuring cups so you get the exact amounts you need for recipes.
- Make it yourself instead of buying a premade packaged item.
- Snacks, soups, and meals generally cost less when buying the ingredients and preparing them at home. The price goes up for convenience and more packaging.

Shop Local Produce.

- Buy when in stock – eat what you can, and freeze extras to save for when not in season.
- Use the same veggie for two meals – broccoli cheese soup and beef with broccoli, for example.

Utilize Your Freezer & Learn How to Can.

- Out of season produce can be less expensive when you buy frozen.
- Freeze and save left-overs.
- Double up recipes so you can save additional meals by freezing or canning.

Owner Appreciation Day • Saturday, March 24th

The Co-op was built on the foundation of ownership and attributes its success to its Owners’ economic participation. With that being said, we would like to thank you all by hosting an Owner Appreciation Day! Each Owner that makes a purchase at the Co-op on March 24 will receive 5% off (maximum value \$5) and will be entered to win an array of raffle prizes. You will also be treated to a free cup of drip coffee,



a free deli cookie, and a first edition Natural Harvest sticker (while supplies last, limit one of each per Owner number). Your free cookie and drip coffee will be marked down at the register, no coupons needed. The Pebble Spa will be onsite offering free chair massages and we are working hard to cook up more in-store happenings for everyone. Watch for more details to unfold in-store and online.

Time to Choose Your New Co-op Board Members

Yes, it's time again to elect your new Co-op Board Members! This year there are four open seats on the Board of Directors.

Just what do Board Members do for the Co-op? A vital, efficient, and effective Board of Directors is necessary to provide guidance and leadership to keep the Co-op healthy, active, productive, and responsive to Owners' needs. The Board employs the principles of policy governance to focus on big-picture issues in order to evaluate and help plan for the future of the Co-op without managing day-to-day operations.

Use the ballot on page 5 to select your choices for open Board Member positions. Ballots must reach the Co-op by Friday, April 13. If you happen to miss this deadline you will be allowed to submit your ballot at the Annual Meeting on April 14. One vote per Owner number, please. We'll have a ballot box at the front of the store, or you can choose to mail your ballot. New Board members will be announced at the annual meeting. In order to minimize time counting votes at the Annual Meeting, the Co-op prefers to receive owner votes in advance by mail or in-store. To vote by mail or in-store, please mail or drop off your ballot to the Co-op's address as follows:

Natural Harvest Food Co-op, Inc.
Attn: General Manager
732 North 4th Street
Virginia, MN 55792

We asked each candidate about their interest in becoming a Co-op Board member (answers below). Information on each candidate will also be available in-store and online at www.naturalharvest.coop.

- 1 Why would you like to serve on the Board of Directors of Natural Harvest Food Co-op?**
- 2 Describe any volunteer or paid experiences relevant to your service as a co-op board member. What skills or experience will you bring to the board?**
- 3 What opportunities and challenges do you see in the future of Natural Harvest Food Co-op?**

NHFC BOARD CANDIDATE BIOS

KIM ANDERSON **Eveleth, MN (Incumbent)**



- 1** I like the theory behind co-ops, owner owned, people have a say in how it works. You're a part of it!
- 2** Food shelf, churches... I've helped people my whole life.
- 3** Well, there are new things coming up all the time. Wherever people are interested in good clean nutritious food, events that promote healthy living, the co-op can have a role to play in it.

will help me be a valuable member of the board. My educational background in Anthropology and Nursing provided me a foundation in cultural understanding and compassion.

- 3** NHFC has the opportunity to provide nutritious food to a wider range of people, supporting local and organic farmers and promoting environmental conservation. It also provides a lovely atmosphere for people to gather and connect, learning and growing together. Diversity of product and maintaining and growing a larger customer base could be a challenge as well as selling products at prices that a diverse range of people can afford.

EMMA PETERSON **Virginia, MN**



- 1** We live in a time where there is great need for people to make food choices that benefit both their body and the Earth. NHFC promotes sustainability and environmental stewardship as well as providing our community with nutritious foods. These are values that I hold as well and I want to be part of an organization that shares these values.
- 2** I served as a board member to Ely Community Resource in Ely, MN in 2009 and 2010 and participated in organizing fundraisers, strategic planning, and hiring of the new and the current executive director. I've volunteered in our schools and as a cross-country running and ski coach. My family participates in Virginia's community gardens and we grow more of our own produce in our own home garden. I own a small crafting business, have worked in restaurants in the area, and am a mom of three young children, all of which have taught me skills that

ANNE LANTRY **Cook, MN**



- 1** I would be grateful for the opportunity to learn and participate as a board member of NHFC. As a lifelong student, I find the cooperative model inspiring and I would love to learn more about this win-win approach and apply it to co-op endeavors. I am excited to serve in accordance with the Policy Governance model and be part of a team of individuals advocating for the sustainability of our food, community and planet!
- 2** Most recently I have been working with my siblings transitioning our family business from a sole proprietorship into a partnership. Over the past five years, I've taken a deep dive into creating and implementing systems for operations, human resources and sales. I feel fortunate to have the experiences of both creating and implementing, as I am able to receive feedback, reflect on systems and improve. From this role I've learned to be a more patient, solutions-oriented, team player! In conjunction with this position, I host various

classes and community events and serve on the board of the Lake Vermillion Resort Association as an advisor for Lake Vermillion area tourism and sustainability efforts.

- 3** Ultimately, developing a community that understands the needs and has both the desire and capacity to serve through Natural Harvest's endeavors will be both the opportunity and challenge. Externally, our Co-op will continue to be faced with the ever-evolving political, social and economic landscape we reside in. NHFC has the opportunity to be at the forefront and take on a greater role in the planning and development of our community. It is beautiful because this is the heart of cooperatives: separate entities working together for mutually beneficial relationships! Internally, the opportunities and challenges will stem from each individual employee and member's journey of growth and evolution. Our ability to be proactive, to search for new perspectives and continuously re-create both our work and ourselves will determine our success.

KAYLA ROBERTS **Angora, MN**



- 1** I would like to serve on the Board of Directors of NHFC by bringing my knowledge and energy to the table.
- 2** I have volunteer experience with being in I.R.Y.A (Iron Range Youth in Action) and with Habitat for Humanity.
- 3** For the future of NHFC, I see us impacting the community towards healthy living by giving them the tools and knowledge.

See more candidates on Page 4...
Use the ballot on Page 5 to vote!

SARA EWING
Chisholm, MN

1 I want to serve on the Board of Directors for NHFC because I strongly believe in community and am very interested in ensuring high quality products remain available for everyone.

2 I have served on several boards in the past; including holding the office of treasurer and president. I am currently employed as a supervisor and have worked with many different cultures, socioeconomic statuses and take a "people first" stance. I hold a doctorate degree in psychology and have volunteered for decades with Special Olympics. I am currently not sitting on a board and have time to give.

3 The opportunities and challenges ahead for NHFC may include keeping membership strong and continuing to bring high quality products at a manageable price to the community. I am excited to see the classes and other informational meetings offered and believe this can grow. The new building is very nice and seems to be spacious enough to sustain the Co-op for many years to come.



KRISTIN DOSAN
Eveleth, MN

1 I am very excited for the opportunity to be on the NHFC Board of Directors. I have been a customer and member of the Co-op for many years. One thing that I enjoy the most about the Co-op is the sense of community it brings to our area. I can feel this every time I am in the store. Our Co-op is making a lasting footprint in our area. I am so proud to be a member; and watch it continue to grow. Not only with the addition of the new building, but new programs, classes, and local products. I feel this is a wonderful opportunity for me to expand my love of the Co-op and help it continue to grow and develop as a vital resource to the community.

2 As a Board member I would bring five plus years of experience as Vice President of the Eveleth-Gilbert Football Boosters. During my role as Vice President we raised over \$30,000 in one year to purchase a much-needed score board for our facility. This was made possible by many generous donations from our community and local businesses, and lot of hard work from our boosters. I understand the importance of community involvement and investment. I am currently a Supervisor at Blue Cross Blue Shield. I would bring a great understanding of conducting a constructive and diplomatic meeting environment, as this is part of my daily responsibilities. The best part of my job is collaborating with several different areas daily to reach common goals.

3 I am very excited about the future of NHFC. I feel that continuing to be a valuable and respected presence within the



community could be one of the greatest challenges. Maintaining a strong community bond while growing the member base will also bring areas of opportunity. I feel continuing to be open and creative on how to keep the Co-op moving forward is a very exciting prospect and I hope to be part of this for years to come!

SHAYNA RAY
Biwabik, MN

1 I would like to serve on the Board of Directors because I love Natural Harvest, simply put. The store has opened my eyes on how it's possible to choose healthy options and provide my family with a more diverse choice when it comes to snacking and mealtimes. I appreciate that local produce is sold through the store and it makes me feel more in control of where my money goes and who it's benefiting. I feel it's important to give back to those businesses that give so much to our community.

2 My current role as President of East Range Rotary has made me realize how much work can be done in the community when a small group of people come together. It has strengthened my skills when it comes to working together as a team and making the sometimes hard decisions when needed. I believe this experience will help me on the Board and I'm excited to see what else I can learn.

3 It's hard for me to answer what opportunities/challenges may face the Co-op in the future, as my experience with the Co-op has only been on the member side. That said, I feel like more people are looking for information to be available both virtually and in-store. I like the direction the Co-op has taken with social media and I think another opportunity may be to offer classes online, for those members or customers that may not be able to make it into the store.



JULIE JUNTUNE
Virginia, MN

1 I would like to serve on the NHFC Board of Directors because I believe in the values that the co-op promotes. Healthy organic living, investment in local farmers and businesses, democracy, and social responsibility are important and even vital in our society. I would like to play a more significant role in sharing these ideas with our community.

2 I would bring a variety of life experiences to the role of Board member. I have been a member of NHFC since we moved to Virginia nine years ago. Prior to moving to the Iron Range, I was an employee and a member of the Whole Foods Co-op in Duluth and a volunteer at a local CSA farm in Twig. I have seen the value of natural living first hand, and the impact it has on individuals and families. I understand the variety of reasons that people shop at co-ops such as special diets, sustainability and food sensitivities.



3 In the coming years, the co-op faces challenges from the wider availability of organic products from a variety of sources. Many items that previously were only available at a natural grocery store are now available online and in big box retailers. Those other sources can't compete with the co-op when it comes to having a knowledgeable, engaged, friendly staff, and the values that the organization brings to the table every day. In an increasingly competitive space, the people are the key ingredient that keeps us competitive. NHFC is more than just 'in' the community. It is a part of the community. That is something that cannot be replicated or replaced by other retailers.

PAULI RANCOURT
Eveleth, MN

1 I believe the Co-op has an important and much needed presence in our community, as it is the only local store that specializes in providing healthful foods and products. It is important for Natural Harvest to continue to provide healthy options at affordable prices so excellent nutrition is available to all. I would enjoy putting my talents to use to help the Co-op continue to benefit the community members it is here to serve.

2 I have held two positions that have been board overseen — Executive Director at Range Respite in Virginia, MN, for 4 years, and Administrator at Northern Life Care Center in International Falls, MN, for 2 years. I have served on various committees in churches I have attended. I understand the role of a governing board. My experience and skills include finance administration — budgeting, day-to-day financial record keeping, cash flow projections, and yearly audit/compilation preparation. I have experience in Strategic Planning as well overseeing the day to day operations of a business and the staff. Grant writing and program planning, development, and evaluation are also areas that I am experienced in. My experience in serving as Director/Administrator of non-profits gives me keen understanding and appreciation of the many hats the Director/Manager wears.

3 I see an opportunity for continued growth in providing affordable options and education to the community, as well as an opportunity to grow membership of the Co-op, which will drive the ability to grow in services. The challenges I see are the same, just from a different view of "the glass". Every challenge is an opportunity, and every opportunity has its challenges. Clear goals, focus, teamwork, commitment, and communication provide a secure foundation to build and grow upon.



**GOOD LUCK TO ALL
OF THE CANDIDATES!**

Use the ballot on Page 5 to vote!

Election Ballot



*Locally owned,
organically grown.*

RETURN BALLOT BY 4/13/2018

732 N. 4th St. • Virginia, MN 55792

Voters are eligible to win! Your name will be saved and entered in a drawing for a Natural Harvest gift certificate! Thank you for your vote and good luck!

There are four seats open on the Natural Harvest Board of Directors. Please choose up to four Board Member candidates here, and return your ballot to the store by Friday, 4/13/2018.

_____ Kim Anderson	_____ Kirstin Dosan
_____ Emma Peterson	_____ Shayna Ray
_____ Ann Lantry	_____ Julie Juntune
_____ Kayla Roberts	_____ Pauli Rancourt
_____ Sara Ewing	_____ (Write-in Option) _____

ONE VOTE IS ALLOWED PER OWNER NUMBER. YOUR VOTE REMAINS CONFIDENTIAL.

Name & Owner #: _____

Annual Meeting of NHFC Owners Saturday, April 14 *You Are Invited!*

The Annual Meeting of the Owners of Natural Harvest Food Co-op, Inc. (the "Co-op") will be held on Saturday, April 14, 2018, at the Virginia Elks Lodge, 220 N 5th Ave W, Virginia, MN 55792. All Owners are welcome and encouraged to attend.

Social hour will be held from 4:00 to 5:00 PM, dinner will be served promptly at 5:00 PM, and the business meeting will be called to order by 5:30 PM. Upon arrival be sure to register for a chance to win raffle prizes. Social hour will feature live acoustic music by Rob Wheeler, complimentary samples from Dahl's Dairy, and a cash bar. The dinner will be catered by the Natural Harvest deli and will include a vegetarian option.

This year the keynote speaker slot will focus on the Co-op's success as a local marketplace by highlighting three of our local producers: Fat Chicken Farm, Birch Botanicals, and Dahl's Dairy. The Co-op will also present its Owners with the following agenda items: (1) review fiscal year; (2) final chance to vote for board of directors; (3) announcement of new board members. In order to minimize time counting votes at the Annual Meeting, the Co-op prefers to receive Owner votes in advance by mail or in-store.

Registration for the event will open during the last week of March. Watch for the sign-up sheet to be posted in-store. Please be sure to register in advance so you can select your meal option and allow for us to prepare accordingly.

READY... SET...GROW!

One thing many of us look forward to as the winter months melt away is planning our gardens. As you anxiously plan and wait to get your hands in the dirt, we hope you will visit the Co-op to check out our wide assortment of garden seeds.

PRAIRIE ROAD ORGANIC SEED

We would particularly like to highlight a seed company whose line we started carrying in 2016: Prairie Road Organic Seed. This is our closest seed company, regionally producing seed near Fullerton, ND. Certified organic since 1977, owners Theresa and Dan Podoll grow varieties that perform well in organic gardening and are adapted to a northern growing region. According to their manifesto, they "strive to create an enduring agricultural system, providing for the life-health of the soil, microbes, plants, animals, and people in our community of place."

While we do not carry all of their offerings at the Co-op, they produce 58 varieties with new ones being added each season. They have received honors for their operation including being named the 2014 Organic Farmer of the Year by the Midwest Organic and Sustainable Education Service (MOSES).

We hope you have a chance to give this company's seeds a try, and we would love to hear feedback! Happy gardening!

— Ashley Phoenix,
Produce Buyer & NHFC Owner



SATURDAY, APRIL 21, 2018

9 AM to 4 PM at the
Mt. Iron Community Center,
Messiah Lutheran Church &
Merritt Elementary,
all on Hwy. 169

FREE ADMISSION!

Join us for Lunch!

This year marks the 10th anniversary for the Iron Range Earth Fest, focusing on the theme "Reclaiming Traditions for a Sustainable Future." Earth Fest is full of workshops, presentations, kids' activities, and many exhibitors and vendors. Among the offerings: growing backyard herbs, seed saving, and a gardening presentation by the Hibbing Farmers Market and Cherry Greenhouse. A presentation that should be of interest to owners of Natural Harvest in particular is one on the cooperative movement on the Iron Range!

As you spend time learning and networking, you can satisfy your appetite with some tasty food options from Natural Harvest. We will again be serving lunch in the community center — created by our deli manager, Alex, and his staff. Make sure to stop by our table while you are enjoying Earth Fest and say "hi!"

CLASS IN SESSION!

MEDICINAL TEA TASTING PARTY

Thursday, March 22 • 5:30-7:00 PM
Natural Harvest Classroom

Taste, Smell, and Feel... are clues that help us discern the different properties of herbs and the way they can help us to rebalance. Join instructor, Stacey Quade, for a class that will allow you to experience several different herbal infusions while learning to pick up on the subtle and not so subtle characteristics of the herbs and how they can be integrated into your life.

CO-OP YOGA

Sunday, March 25 • 10:00 AM
Natural Harvest Classroom

Cost: \$15; 10 Students
must register to hold the class.

Join us for a vinyasa flow yoga session with instructor Nancy Henderson-Korpi. Nancy has 30 years of experience teaching yoga and fitness classes. Whether you're a beginner or expert yogi, all experience levels are welcome. Bring your own yoga mat and any yoga props you require. The class includes your choice of a post-session specialty coffee, smoothie, or drip coffee/tea with deli pastry/cookie. All students are welcome to mingle in our classroom after class and enjoy their deli treats.

SEED STARTING

Thursday, April 5 • 5:30-7:00 PM
Natural Harvest Classroom

Cost: \$15 for NH Owners; \$17 for
General Public — includes cost of supplies.

Are you ready for Spring? Join us for an evening of hands-on learning to jumpstart your garden. Learn about what seeds to plant, the best time to start seeds, successful transplanting techniques and the different types of soil mediums. Be prepared to roll up your sleeves and get your hands in some dirt! Instructor and teacher, Tiffany Briggs, owns Rice River Lamb Company with her family. Her family run farm produces humanely raised meats as well as eggs and produce. When she's not busy teaching sixth graders, she spends her time growing vegetables in their garden and high tunnel. She also tends to their herds of sheep, cows, and poultry.

DIY: SOLAR GREENHOUSE

Thursday, April 12 • 5:30-7:00 PM
Natural Harvest Classroom

How would you like to grow your own vegetables ten months out of the year, right here in the North Country? It's not a pipe dream. Just ask Marshall Helmberger, publisher of the Timberjay Newspaper, who built his own solar greenhouse in 2014. Imagine your planting season starting March 1 and the harvest running from mid-April through Christmas each year...And doing it with minimal supplemental heating, relying almost entirely on the sun and heat storage. Join us for a basic how-to that will have you itching to get your hands in the (unfrozen) dirt.

FINNISH SQUEAKY CHEESE CLASS

Thursday, April 26 • 5:30-7:30 PM
Natural Harvest Classroom

Diane Childs from our very own Iron Range has been making Juustoa, Finnish Squeaky Cheese, since 1981. With over 30 years' experience and more than 1,000 cheeses under her belt, Diane has not only perfected the process, but shortened it as well — all without compromising the texture or flavor. In this class, you will learn how to make Juustoa from skim milk with Diane walking you through step by step from start to 'Finnish'. Be prepared to take a step back in time and experience the 'squeak' this cheese is so famous for! This is a demonstration based class.

CO-OP YOGA

Sunday, April 29 • 10:00 AM
Natural Harvest Classroom

Cost: \$15; 10 Students
must register to hold the class.

Join us for a vinyasa flow yoga session with instructor Nancy Henderson-Korpi. Nancy has 30 years of experience teaching yoga and fitness classes. Whether you're a beginner or expert yogi, all experience levels are welcome. Bring your own yoga mat and any yoga props you require. The class includes your choice of a post-session specialty coffee, smoothie, or drip coffee/tea with deli pastry/cookie. All students are welcome to mingle in our classroom after class and enjoy their deli treats.

Knowledge is power! Check out our class line up for spring. You can sign up and pay for all classes at Natural Harvest, either in-store or over the phone. A minimum of 6 participants must be registered with payment at least 48 hours in advance to hold the class. **ALL CLASS FEES: \$13 FOR OWNERS; \$15 FOR THE PUBLIC (EXCEPT WHERE NOTED).** Payment must be made at time of registration to hold a spot in the class.

We are always looking for instructors who are willing to share their passion and knowledge with the community. If you are interested in teaching a class, please call the store and ask for the Marketing Manager or contact us by email at info@naturalharvest.coop.

THE ART OF HERBALISM: INTERNAL REMEDIES

Thursday, May 10 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$20 for NH Owners; \$22 for
General Public — includes cost of supplies.

In this hands-on workshop you will learn the art of creating herbal formulas and the step-by-step process of making herbal remedies including: Solar and lunar infusions; Syrups; Tinctures for children and adults; Herbal powders; and Herbal pills. Each student will take home an Herbal Recipe Book along with their own personally formulated tincture.

DIY HERBAL SKINCARE

Thursday, May 24 • 5:30-7:30 PM
Natural Harvest Classroom

Cost: \$25 for NH Owners; \$27 for
General Public — includes cost of supplies.

Join Allie Austin for this hands-on workshop as you learn to make your own herbal skincare products at home! Students will learn to make a variety of organic products including body butters, scrubs, herbal masks, serums, and more! Students will each go home with two of their own skincare products they make in class, along with a step-by-step booklet which includes herbal skin care recipes and a detailed guide to making herbal skin care products at home.

WATCH FOR MORE INFO IN STORE!

Save the Dates!

ADDITIONAL DETAILS ONLINE!

MARCH 24

OWNER
APPRECIATION DAY

APRIL 14

ANNUAL MEETING
OF OWNERS

APRIL 19

VIRGINIA ART CRAWL
Info: www.facebook.com/virginiaartcrawl

APRIL 21

IRON RANGE
EARTH FEST

MAY 14-19

ONE YEAR ANNIVERSARY
CELEBRATION

LOOK WHAT'S NEW!

Owner Deal Coupons

Starting April 1st...

As a sign of appreciation we are offering deeper discounts through monthly coupons in place of the 5% monthly discount.

Owner Deal!

Valid for a single use APRIL 16-22, 2018

10% OFF

Cleaning & Paper Products
Maximum Discount \$5.

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Owner Deal!

Valid for a single use APRIL 1-30, 2018

\$5 OFF

Owners enjoy \$5 off a purchase of \$40

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Owner Deal!

Valid for a single use MAY 14-20, 2018

10% OFF

All Produce

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Co-op Owners...

Owner Deal Coupons go live April 1st. New coupons will be printed in every issue of The Harvest Beet newsletter. **No need to bring the coupon into the store. Your Owner Deal Coupons can be applied at the registers when you provide your Owner number.**

For more details about the change please read the article, "Where do you shop for your groceries", on page 1.

Owner Deal!

Valid for a single use MAY 1-31, 2018

\$5 OFF

Owners enjoy \$5 off a purchase of \$40

Single use, per owner account. May not be used with other owner deal coupons or the case discount.



Want access to more Owner Deals?

Sign up to receive coupons, reminders, flash sales & store happenings via text message **by** texting "ownerperk" to 33222

Not an Owner?

Want access to these deals? Ask us about Ownership today!

<http://naturalharvest.coop/ownership/why-become-an-owner/>



“Change Within Reach” Round-up Report

Your 2017 contributions have again added up in a big way! We extend a huge “THANK YOU” to everyone that continues to donate to the program. Your nickels and dimes are helping make our communities stronger. In 2017 you collectively raised \$18,063.95 for local charities!

A LOOK BACK

In November we collected over \$1,200 for **Mesabi Symphony Orchestra**; in December, over \$1,500 was donated to the **Angel Fund**; in January, more than \$1,500 was given to the **Apple Tree Learning Center**; and when the newsletter went to print we were averaging over \$44 per day for the **Mesabi Humane Society**.

LOOKING AHEAD

In support of the MN Food Share Campaign we will round up for the **Ely & Quad Cities Food Shelves** in March. All donations made to MN food shelves during this month will be proportionally matched by the MN Food Share organization.

As spring leads us closer to summer we will support outdoor recreation. Your April donations will help **I.R.O.C.**



(Iron Range Off Road Cyclists) continue with their maintenance and expansions of the Lookout Mountain (Virginia) and Maple Hill (Hibbing) mountain bike trails.

Your May donations will support the **Bess Metsa Garden** on Bailey's Lake. Your contributions will help pay for new annual flowers and gardening supplies.



If your 501(c)(3) non-profit organization would like to participate in the round-up program, applications are available in-store or on the website.



OWNER DEAL COUPONS!

Starting on April 1st, our new Owner Deal Coupons go live! **Look inside this newsletter** for the latest way to save on groceries at your Co-op!

NEW TEXT MESSAGES!

Text “ownerperk” to 33222, and we’ll send no more than 10 monthly messages including the monthly owner coupons, other exciting offers and occasionally Co-op happenings directly to your phone! Please only one cell phone number per owner number. Thank you so much for signing up! We are excited to offer this new service to you!

Visit us online! Like us on Facebook, and follow us on Instagram @NaturalHarvestCoop!

WEB: www.naturalharvestcoop.com
E-MAIL: info@naturalharvestcoop.com

FAX: 218-741-6153

PHONE: 218-741-4663

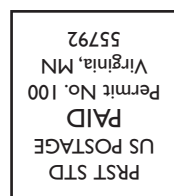
732 N. 4th St. • Virginia, MN 55792

SAT: 9 AM - 8 PM • SUN: 9 AM - 8 PM

OPEN MON - FRI: 7 AM - 8 PM

~ ON SILVER LAKE ~

*Locally owned,
organically grown.*



RETURN SERVICE REQUESTED

“The Harvest Beet” is a publication of Natural Harvest Food Co-op. Editor: Briana Sterle

